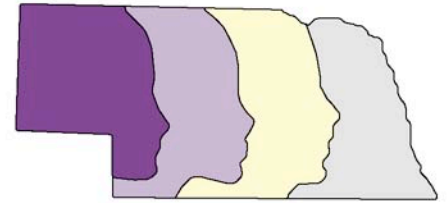


May – August 2005

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

Volume 1, Issue 2

Healthy Ways...Healthy Days

A Friend...

Accepts you as you are
Believes in you
Calls you just to say "HI"
Doesn't give up on you
Envisions the whole of you (even the unfinished parts)
Forgives your mistakes
Gives unconditionally
Helps you
Invites you over
Just "be" with you
Keeps you close at heart
Loves you for who you are
Makes a difference in your life
Never Judges
Offers support
Picks you up
Quiets your fears
Raises your spirits
Says nice things about you
Tells you the truth when you need to hear it
Understands you
Values you
Walks beside you
X-plains thing you don't understand
Yells when you won't listen and
Zaps you back to reality



If you would like more
information on issues affecting
women's health, please visit

www.hhss.ne.gov/hew/owh

or contact us at

every.woman.matters@hhss.ne.gov

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10 Tips for Becoming Physically Active

1. Get started with some gentle stretching either lying on your bed in the morning or soon after you get up.

Consult a fitness professional or doctor if you don't know what to do. Build in short walks whenever you can.

2. Explore what types of community activities are available.

Ask friends and family to help you in your search for an activity that you would enjoy. Broaden your interests and try a few new activities. A variety of physical activity choices will provide a range of benefits.

3. Rely on the support of others.

Ask a friend to do the activity with you so that you can encourage and motivate one another.

4. Set realistic goals and don't be over ambitious.

Start off slow and easy at 5 to 10 minutes several times a week. Over a number of weeks and months you can gradually work yourself up to doing some activity everyday (30 to 60 minutes for the best benefits).

5. Each day, pick a time that is convenient for you, and commit to doing some type of physical activity.

Your life depends on it! However, if you are not feeling well, back off for a day or two, or maintain gentle stretches until you feel better.

6. Mark your activity times on a calendar.

Chart your activities on a calendar and keep track of your progress. Add it up, everything "physical" counts!

7. Try shorter, more frequent sessions rather than the occasional longer session.

This will help you fit physical activity into your busy schedule, and be able to use your maximum energy at that time.

8. Make use of everyday movement opportunities.

Take the stairs instead of the elevator (leg strength), use a rake rather than a leaf blower (arm strength), walk or bike to the corner store instead of driving, or do stretching exercises during television shows.

9. Prepare yourself for a few lapses, but don't give up!

Starting, stopping, and restarting is quite common, so don't let it discourage you.

10. You cannot just eat your way to good health.

Exercise must go hand-in-hand with good nutrition. Physical activity enhances your metabolism and optimizes the use of the nutrients that you eat. Improve your appetite through active living and choose to eat healthier!

10 Tips for Staying Physically Active

1. Enjoy yourself!

The perfect activity is one that is fun and enjoyable to you, and makes you forget that you are exercising. If you are active, but aren't enjoying it, it's time to shop around for a different activity.

2. Everyone has good days and bad days.

On the days that you feel sluggish, don't set yourself up to fail. Try a little warm-up activity (stretching) and if you don't feel any better soon after, leave it for that day. However, move more on the days when you feel great. Take advantage of any little surges of energy that you have and get moving!

3. If winter is getting you down, dress for the weather.

Put cleats on your boots, and carry ski poles for security on the snow and ice. Unless the weather is very bad, you will keep quite warm by moving, and the weather is not as bad as it looks once you get out there.

4. If you do get "stuck" indoors, follow an exercise class on television, or make your own routine up to some of your favorite music.

Walk "laps" in your home, even if you feel a bit silly. Going up and down flights of stairs is very good for maintaining your fitness level. March or dance on the spot if you don't have a lot of room to move in your apartment.

5. Go to the local mall, church or school and walk "laps" indoors.

6. Getting into the habit of exercising is good, but you can get bored from doing the same thing day after day.

Try a different activity once in a while – most activity programs will let you try out the first class for free.

7. If you have an arthritis flare-up, or a bad joint acts up, work around it and move all your good parts.

There is no point in letting the rest of your body get laid up too!

8. Reward yourself for being active.

Set both short and long term goals, and plan a "reward" for achieving that goal.

9. Help someone else be active too!

Ask a neighbor if they would join you for a walk. If all active people helped one inactive person get started, we'd all be in great shape!

10. If you have a health set-back, talk to your doctor about alternatives to medication.

Perhaps a regular exercise session would be a better place to start addressing the problem (i.e. poor sleep, depression, aches, and pains).



What to Take For Arthritis Pain?

Physical Activity - The Arthritis Pain Reliever!

Like most of the 70 million Americans who have arthritis, you've probably tried all kinds of things to relieve your pain. Research shows that becoming more physically active can help. For many years, it was believed that people with arthritis should rest to spare their joints. In fact, just the opposite is true. Recent studies show that moderate physical activity helps people with arthritis feel better in several ways.

Regular moderate physical activity can help you:

- Feel less pain
- Move more easily and do more activities
- Feel more energetic and positive
- Keep your muscles, bones, and joints healthy.

The sooner you start, the sooner you'll feel better.

If your joints hurt, you may not feel like being active. However, lack of activity can actually make your joints even more painful. You may hurt a little at first, especially if you are not used to it. But most people who stick with a program of regular physical activity begin to feel better within four to six weeks.

What types of physical activity are best?

For many people with arthritis, low-impact activities at a moderate pace – like walking, swimming, and riding a bicycle – are best. Everyday activities such as dancing, gardening, and washing the car are also good.

Choose an activity that moves large muscle groups, makes you breath a little harder and your heart beat a little faster. Walking, swimming, and biking are particularly good because they will strengthen your heart and help you control your weight if you do them regularly.

Walking helps to improve energy and heart health.

Swimming puts less stress on your joints and also strengthens your whole body.

Bicycling increases your stamina. With a stationary bike, you can get all the fitness benefits of outdoor riding without the traffic and other outdoor hazards.

Start slowly. Warm up and cool down.

If it's been a while since you've done regular physical activity, start slowly and gradually work your way up to 30 minutes a day, 3 or more days a week.

Start with 10 or 15 minutes at a time. Let your body be your guide. And don't overdo it. If you can't carry on a conversation, or if you feel severe pain during the activity, you're probably pushing too hard.

Start and end your activity at a slower pace to give your body a chance to warm up and cool down. For example, start and end your walk with 5 minutes of walking at a slower speed. Some activities may be more comfortable if you start with gentle stretching.

Make it fun with family and friends. Add Variety.

Try taking your kids or grandkids to the pool and swimming for 20 minutes. Then, take a 10-minute walk after dinner with a friend. Go for a 15-minute bike ride in the morning and a 15-minute walk in the afternoon with a neighbor or co-worker.

Healthy Summer Recipes

Steak and Potato Stir-Fry

Makes 4 servings

1 lb boneless beef sirloin steak, cut into strips
 1 Tbsp vegetable oil
 2 cups potatoes, cubed
 2 cups carrots, chopped
 ¼ cup water
 2 cups each mushrooms and onions, sliced
 ¼ cup Balsamic Vinaigrette dressing

Calories 320; Fat 13g (sat. 3.5g); Cholesterol 60mg;
 Sodium 200mg; Carbohydrates 27g; Fiber 5g;
 Sugars 10g; Protein 24g

Cook and stir meat in oil in skillet on high heat 2 minutes or until browned. Remove from skillet, set aside.

Add potatoes, carrots, and water to skillet. Bring to boil; cover. Reduce heat to low; simmer 15 minutes.

Stir in mushrooms, onions, dressing, and meat; cook and stir on high heat 5 minutes or until heated through.

Crispy Vegetables

Makes 6 servings

1 egg, lightly beaten
 1 sweet potato, cut into ¼-inch slices
 1 cup each broccoli and cauliflower florets
 1 packet chicken seasoned coating mix
 ½ cup reduced fat ranch dressing

Calories 130g; Fat 5g (sat. 1g); Cholesterol 40mg;
 Sodium 560mg; Carbohydrates 19g; Fiber 2g;
 Sugars 3g; Protein 3g

Preheat oven to 425°. Beat egg in small bowl. Dip vegetables in egg, shake in coating mix.

Place on lightly greased shallow baking pan. Bake 20 minutes or until golden brown.

Serve with dressing as a dip.

What to Take For Arthritis Pain, continued

Whatever you do, make your goal at least 30 minutes of moderate physical activity a day, three or more days a week. In four to six weeks, you could be hurting less, moving more easily, and feeling more energetic.

So get moving, and keep moving!

After a little while, a regular program of moderate physical activity should make it easier for you to do

all kinds of other everyday activities such as carrying groceries and getting in and out of the car.

If you do not let arthritis stop you now, chances are good it will not slow you down later in life!



The Nebraska Office of Women's Health is pleased to bring you this information in conjunction with the Nebraska Arthritis Partnership and the Nebraska Arthritis Foundation. "Physical Activity – The Arthritis Pain Reliever" is a message from the Centers for Disease Control and Prevention.

Coping with Depression

Everyone gets sad or loses interest in things from time to time. For someone with clinical depression, these feelings can last for weeks, months and even years. Two-thirds of people with depression don't get treated because they don't realize it is an illness that usually won't go away on its own. Some feel ashamed that they can't just "snap out of it." Others worry that family, friends and coworkers would treat them differently if they knew.

Depression can include a wide range of emotional and physical symptoms that vary from person to person. Doctors think that many different factors can trigger depression, from external events to physical changes in the body. These factors make it challenging to recognize the symptoms in yourself or a loved one and to seek help. If you think that you or someone you know might be experiencing depression, learn as much as you can about the condition.

Understanding what depression is – and isn't – is the first step to finding relief.

Depression is common, affecting about 121 million people worldwide. More than 32 million people in the United States will experience a major depressive disorder in their lifetime. This happens regardless of gender, race, ethnicity, or income.

You or someone you know may be depressed if experiencing five of the following symptoms:

- Mood is depressed for most of the day, almost everyday
- Inability to experience pleasure or feel interest in daily activities
- Changes in sleep (insomnia or hypersomnia)
- Suicidal thoughts, feelings and or behaviors
- Functioning is significantly impaired
- Loss of motivation
- Feelings of hopelessness, guilt, or worthlessness that are inappropriate
- Appetite changes (increase or decrease); weight changes by 5% or more
- Crying spells, sadness, and/or irritability
- Indecisiveness, diminished attention span, or poor concentration
- Loss of energy
- A lack of sexual desire

Depression affects friends and family as well, putting stress on relationships at home and at work. Unfortunately, many people with depression avoid seeking treatment because they worry what others will think of them. They don't realize how widespread this medical condition is:

- Depression is among the leading causes of disability worldwide
- Women are nearly twice as likely as men to experience depression
- People with a family history of depression may be more likely to develop the disease
- People with chronic or debilitating medical conditions may also be susceptible to the disease
- Any major life change increases the risk of developing depression

The fact is, depression affects plenty of people who don't have any obvious risk factors at all.

Causes of Depression

There's no simple explanation for why people experience depression. It's a complex disease that may develop for a variety of reasons. Some people become depressed after a major life change. Even seemingly happy events, such as becoming a parent or getting married, can trigger depression. Smaller changes can also sometimes trigger it. Some risk factors for depression include:

- Death or illness of a loved one
- Stressful conflicts, such as fights with family members or disputes at work

Coping with Depression, continued

- Physical, emotional, or sexual abuse
- Major life events, such as moving, changing jobs, getting divorced, retiring, or graduating from college
- Financial difficulties

Depression is not just a temporary mood, and it's not a sign of personal weakness. People with depression can experience a variety of emotional and physical symptoms. For some people, it's a matter of feeling sad, overwhelmed, or stressed out. For others, aches, pains, fatigue and other physical problems are part of their depression too. In fact, research suggests that about two-thirds of people diagnosed with depression talk to their family doctors first about physical symptoms.

Question: Which one of these statements could signal depression?

"I feel sad all the time."

"I just don't feel like myself."

"I don't enjoy being with my friends or doing any of the things I usually love to do."

"I feel completely overwhelmed by my life. I can't see a way out."

"I've been having a lot of trouble sleeping lately."

"I keep having aches and pains, and my doctor doesn't know why."

Answer: All of the above.

Things to Do That Can Help

- Sweat exercise: Do any form of aerobic exercise – such as brisk walking, biking, or running in place – until you work up a healthy sweat.
- Turn on your favorite music and dance, dance, dance.
- Sing in the shower.
- Instead of listening to the radio or talking on your cell phone, roll up the car windows and sing loudly.
- Get a dog or other pet.
- Plant and tend a garden – an herb garden takes up very little space.
- If you are really upset, take a brisk walk and focus exclusively on the physical and emotional sensations you experience in your body. Stay out of your head – no thoughts allowed!
- Rent funny videos or see funny movies and plays.
- Go to the store and read all the humorous greeting cards.
- Treat yourself to a great cup of coffee – if you take half-decaf and half regular, you can have two cups a day (too much caffeine can bring you down, but one cup is safe enough).
- Let nature bring you up – walk by the ocean or other water ways, hike the hills and forests or countryside.
- Draw, paint, or write.
- Avoid foods that zap your energy – for most people, sugar and pasta can be downers.
- Give yourself a hand or foot massage, or go get a back rub or body massage.
- Take a hot bubble bath, with candles and music in the room.



References:

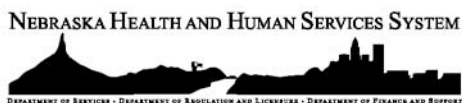
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The Nebraska Health and Human Services System is committed to affirmative action/ equal employment opportunity and does not discriminate in delivering benefits or services.

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Summer Buzz

Warm weather means spending lots of time outdoors in the company of bees, ticks, and mosquitoes. When insects bug you, remember these tips:

Bees are attracted more by food and scents than people.

To avoid bee stings, avoid rapid movements, scented products, and walking barefoot.

Ticks prefer woodlands, leaf litter, and brush.

In the woods or grassy areas, wear long sleeves, closed-toe shoes, and long pants tucked into socks to deter ticks.

Mosquitoes can carry the West Nile virus.

To reduce your risk of exposure and infection, avoid still water, where mosquitoes breed; eliminate any standing water around your home such as birdbaths and potted plant saucers. Avoid outdoor activities at dawn and during the evening, when mosquitoes are active.

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